

Whole grains are an important part of a healthy diet. Whole grains help you feel your best. Whole grains help you "feel full" longer so you are less likely to overeat.

How Can You Spot a Whole Grain?

Choose food that lists a whole grain first on the ingredient list, such as whole wheat or 100 percent whole wheat.

Color can be misleading: Dark or brown color can be from molasses or other ingredients.

Food labels can be misleading. The following usually are <u>not</u> whole grains:

Multi-grain

Stone-ground

• 100% wheat

Cracked wheat

• Bran



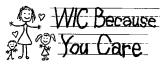
Examples of Whole Grains

- 100 percent whole-wheat bread, buns, rolls
- Brown rice
- Soft corn tortillas or whole-wheat tortillas
- Whole-grain cereals
- Whole-wheat pasta
- Oatmeal
- Popcorn
- Wild rice
- Barley



Easy Ways To Add Whole Grains

- Shop for whole-grain cereals.
- Choose 100 percent whole-wheat bread instead of white bread.
- Add brown rice to a casserole or soup.
- Choose whole-wheat pasta.
- Buy soft corn or whole-wheat tortillas instead of flour tortillas.
- Have whole-grain crackers or popcorn for snacks.



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